

My nutrition goal is:

My Personal Nutrition Plan

Na	me:
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Date:

MY GOAL(S)

I would describe my current relationship with food as:

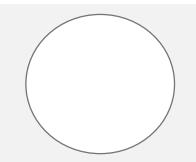
RELATIONSHIP WITH FOOD

CALORIES

My estimated energy demand is _____ calories per day.

My preferred macronutrient ratio is:

- _____% carbohydrates
- _____% proteins
- _____% fats



MY IDEAL DIET

Dietary Characteristic	Reason